



Welcome to Race Week!

There is just about a week left until you participate in the Lisa's Run for Hope 5k/12k. In this email you will find important race information for the weekend. Please find us on Facebook for any important last minute race updates, or visit itzevents.com

<https://www.facebook.com/Lisasrunforhope>

Key Updates for Race Weekend

Important Course Information

Aid Stations

There are aid stations to help you along the way, Locations of aid stations are approx. 1.3-1.5 miles apart. If you require water at every mile, please bring a handheld water bottle.

PACKET PICK UP:

Runner's Depot CORAL SPRINGS STORE ONLY
5679 Coral Ridge Dr.
Coral Springs, FL 33076
(954) 575-2090

Thursday March 23rd

PACKET PICK UP: Noon-7PM

Friday March 24th

PACKET PICK UP: 10am-4PM

You must show a government issued photo ID at time of packet pick up. Participants may have a friend or family member pick up their packet; however, they must have a copy of the participant's government issued photo ID (paper or electronic).

**Please note: NO STROLLERS will be allowed on the 12K course. We will allow strollers on the 5K course ONLY. Roller skates, and skateboards will NOT be permitted.

RACE DAY: Saturday March 25th

Coral Springs Sportsplex
2575 Sportsplex Dr.
Coral Springs, FL

12K Starts 7:00am (check-in time starts at 6:00am)

5K Registration opens (if spots available) 6:30am

5K Race Start: 7:30am

5K Walk Start: will start at 7:35am behind the 5K runners

We will have a warm up stretch on the stage at 7:05am thank you Joelle Training

Awards Ceremony

5K approx 8:45am
12K approx 8:45am

NO DOGS ARE PERMITTED!

Flag Warning System

There will be a simple flag color system along the course to help warn participants of weather or course related problems.

Green- Everything is Normal

Yellow- The heat index is at a point that runners/walkers should slow down and drink plenty of water

Red- Dangerous weather. Runners and walkers should slow down and take plenty of water. Timing of the event has stopped and no awards will be given out at this time.

Black- race has been cancelled due to extreme weather or course emergency. Events such as lightening, tornado or human disaster have or are occurring and all participants need to seek shelter immediately.

How do I know if the flag is changed? There will be 2 short air horn blasts every 30 seconds at each mile marker to notify runners the flags have changed

EVENT WEEKEND PARKING!

FREE PARKING!

The field across the street from the Tennis Center
2575 Sportsplex Drive
Coral Springs, FL

Directions to event:

Location
Tennis Center
2575 Sportsplex Drive
Coral Springs, FL 33065

95 North or South to the Sawgrass
Take Sawgrass North or South to Sample Road
head East on Sample road to the very first light make a right on Sportsplex drive
go down about .8 miles to the big open field where all parking will be taking
place.

If you are a local resident you will NOT be permitted to get to the Tennis Center
on Royal Palm. Royal Palm will be closed to traffic heading west. **PLEASE USE
SAMPLE ROAD**

WE ARE ENCOURAGING CARPOOLING!

Photography:

Say Cheese, to help you remember your day at the Lisa's Run for Hope 5K/12K
our friends will be snapping away to capture your incredible achievement on film.

Results:

Participants can find their finishing times by visiting
<https://runsignup.com/Race/FL/CoralSprings/LisasRunforHope>

The money raised through this event will be deposited into the Lisa Bocard
Breast Cancer Fund. The mission of the Lisa Bocard Breast Cancer Fund is to
provide funding for care that may otherwise be unattainable, for the women in our
community to obtain screening mammograms.

Together we will have a great weekend and help save the lives of women in our
community.

In Loving Memory, Lisa Bocard

Thank You,

Vince Bocard
Terry Bocard
Kelle Burke

Thank you to all our Sponsors:

City of Coral Springs
Broward Health Coral Springs
Bocard Homes & Kessler Construction
Home Depot
Dori's Italian Market
Allied Kitchen and Bath
A Passion for Catering
In The Zone Event and Sports Management

And all of our supporters and vendors:

Wings Plus
Veterans Coalition of Coral Springs
Playa Bowls
Green Wellness Center
Common HealthCare
Race Junkies
WOB Runclub
Cycle Chats
Runner's Depot
Coral Springs Fire Explorers
Coral Springs Police Explorers
Florida Panthers

